Chaplain

- **Provide for free exercise of religious expression for all staff and patients.**

18th MEDCOM: Chaplain (COL) Paul Clark 737-3131
121Gen Hosp: Chaplain (LTC) Charles Smith 737-3129

Chapel Service:

Protestant	Sun 0930-1030
Catholic	Tue 1200-1300

Retreats:

Alps Ski Resort	9-10 Jan	Mount Sorak
	16-17 Jun	
Alps Ski Resort	20-21 Feb	
Fishing	17-18 Sep	
Mount Sorak	21-22 May	Mount Sorak
	5-6 Nov	

WHAT TO DO

Provide **AID**

Ask Don't be afraid to ask, "Are you thinking about hurting yourself?" Do ask the question.

Intervene immediately.

Don't keep it a secret.

Follow the acronym LIFE

- **Locate Help**: Staff Duty Officer, hospital emergency room, social worker, doctor, nurse, friend, chaplain,

- **Inform**: Chain of Command of the situation

- **Find**: Someone to stay with the person—Don't leave the person alone.

- **Expedite**: Get help immediately. A suicidal person needs immediate attention by helpers. (take to the emergency room)

SUICIDE PREVENTION

Signs of Suicide

- Appears: depressed, sad, tearful, poor appetite, hopeless
- Threatens suicide
- Talks about wanting to die
- Shows changes in behavior, appearance, mood
- Abuses drugs, alcohol
- Experienced significant loss
- Deliberately injures self
- Giving away possessions
- Recent breakup in a relationship

NUMBERS TO CALL

- Area II Staff Duty Officer 738-7404/5
- 121 Emergency Room 737-5545
- Chaplain Clark 737-3131
- Chaplain Smith 737-3129
- 18th MEDCOM Staff Duty 737-3085
- Your Supervisor_____